

# David R. Pinn Community Center

# September 2006

## School's In, Jumpstart Your Mind!

### Customer Comment Line

703-324-5592

### *Pinn Community Center*

10225 Zion Drive

Fairfax, VA 22032

Phone: 703-250-9181, TTY 711

### Staff

*Michelle Chapman-Campbell*

*Director*

*Zurii Conroy*

*Assistant Director*

### Operating Hours

*Monday – Friday 9 a.m. – 6 p.m.*

*Saturday 11 a.m. – 5 p.m.*

*Sundays and Holidays Closed*



## Home of the Dreamers

[www.fairfaxcounty.gov/rec](http://www.fairfaxcounty.gov/rec)



*A Fairfax County, Va., publication*



Fairfax County is committed to a policy of nondiscrimination in all county programs, services and activities and will provide reasonable accommodations upon request. To request special accommodations call 703-324-4386, TTY 703-222-9693. Please allow ten working days in advance of the event in order to make the necessary arrangements.

September 2006

# Community and Recreation Services Facilities Listing

TTY for all Community and Senior Centers is 711

## Community Centers

### Bailey's Comm. Ctr.

5920 Summers Lane  
Falls Church, VA 22041  
703-931-7027

### Gum Springs Com. Ctr.

8100 Fordson Road  
Alexandria, VA 22306  
703-360-6088

### Huntington Com. Ctr.

5751 Liberty Drive  
Alexandria, VA 22303  
703-960-1917

### James Lee Com. Ctr.

2855-A Annandale Road  
Falls Church, VA 22042  
703-536-5197

### Mott Com. Ctr.

12111 Braddock Road  
Fairfax, VA 22030  
703-278-8605

### Pinn Com. Ctr.

10225 Zion Drive  
Fairfax, VA 22030  
703-250-9181

### Sacramento Neighborhood Ctr.

8792-E Sacramento Drive  
Alexandria, VA 22309  
703-619-2964

### Southgate Com. Ctr.

(future site in Reston)

### Willston Multicultural Center

6131 Willston Dr  
Falls Church, VA 22044  
703-532-6018

## Teen Centers 703-324-TEEN

TTY: 703-222-9693

### Attic - Herndon M. S.

901 Locust Dr  
Herndon, VA 20171

### Basement - Rocky Run M. S.

4400 Stringfellow Road  
Chantilly, VA 22021

### Crib - Lorton Station Elem.

9298 Lewis Chapel Rd  
Lorton, VA 22379

### Culmore Teen Ctr.

6018 Argyle Drive  
Falls Church VA 22041

### Cave - Mark Twain M. S.

4700 Franconia Rd  
Alexandria, VA 22313

### Hideaway - So. Co. Govt. Ctr.

8350 Richmond Highway  
Alexandria, VA 22309

### James Lee Com. Ctr.

2855-A Annandale Road  
Falls Church VA 22042

### McNair Elem. S.

2499 Thomas Jefferson Drive  
Herndon, VA 20170

### Mix - Glasgow M. S.

4101 Fairfax Parkway  
Alexandria, VA 22312

### Mott Com. Ctr.

12111 Braddock Road  
Fairfax, VA 22030

### Net - Irving M. S.

8100 Old Keene Mill Road  
Springfield, VA 22152

### Newington Forest M. S.

8001 Newington Avenue  
Springfield, VA 22153

### Reston Teen Ctr.

12196 Sunset Hills Road  
Reston, VA 20191

### Stone M. S.

5500 Sully Park Drive  
Centreville, VA 20120

### Zone - Annandale Terrace Elem.

7604 Herald Street  
Annandale VA 22003

## Senior Centers

### Bailey's Sr. Ctr.

5920 Summers Lane  
Bailey's Crossroads, VA 22041  
703-820-2131

### Franconia-Springfield Sr. Ctr.

Lane Elementary School  
7137 Beulah Street  
Alexandria, VA 22315  
703-924-9762

### Groveton- So. Co. Govt. Ctr.

8350 Richmond Highway, #325  
Alexandria, VA 22309  
703-704-6216

### Herndon Sr. Ctr

873 Grace Street  
Herndon, VA 20170  
703-464-6200

### Hollin Hall Sr. Ctr

1500 Shenandoah Road  
Alexandria, VA 22308  
703-765-4573

### James Lee Sr. Ctr.

2855-A Annandale Road, #139  
Falls Church VA 22042  
703-534-3387

### Lewinsville Sr. Ctr.

1609 Great Falls Street  
McLean, VA 22101  
703-442-9075

### Lincolnia Sr. Ctr.

4710 North Chambliss Street.  
Alexandria, VA 22312  
703-914-0223

### Little River Glen Sr. Ctr.

4001 Barker Court  
Fairfax, VA 22032  
703-503-8703

### Lorton Sr. Ctr.

7722 Gunston Plaza  
Lorton, VA 22079  
703-550-7195

### Pimmit Hills Sr. Ctr.

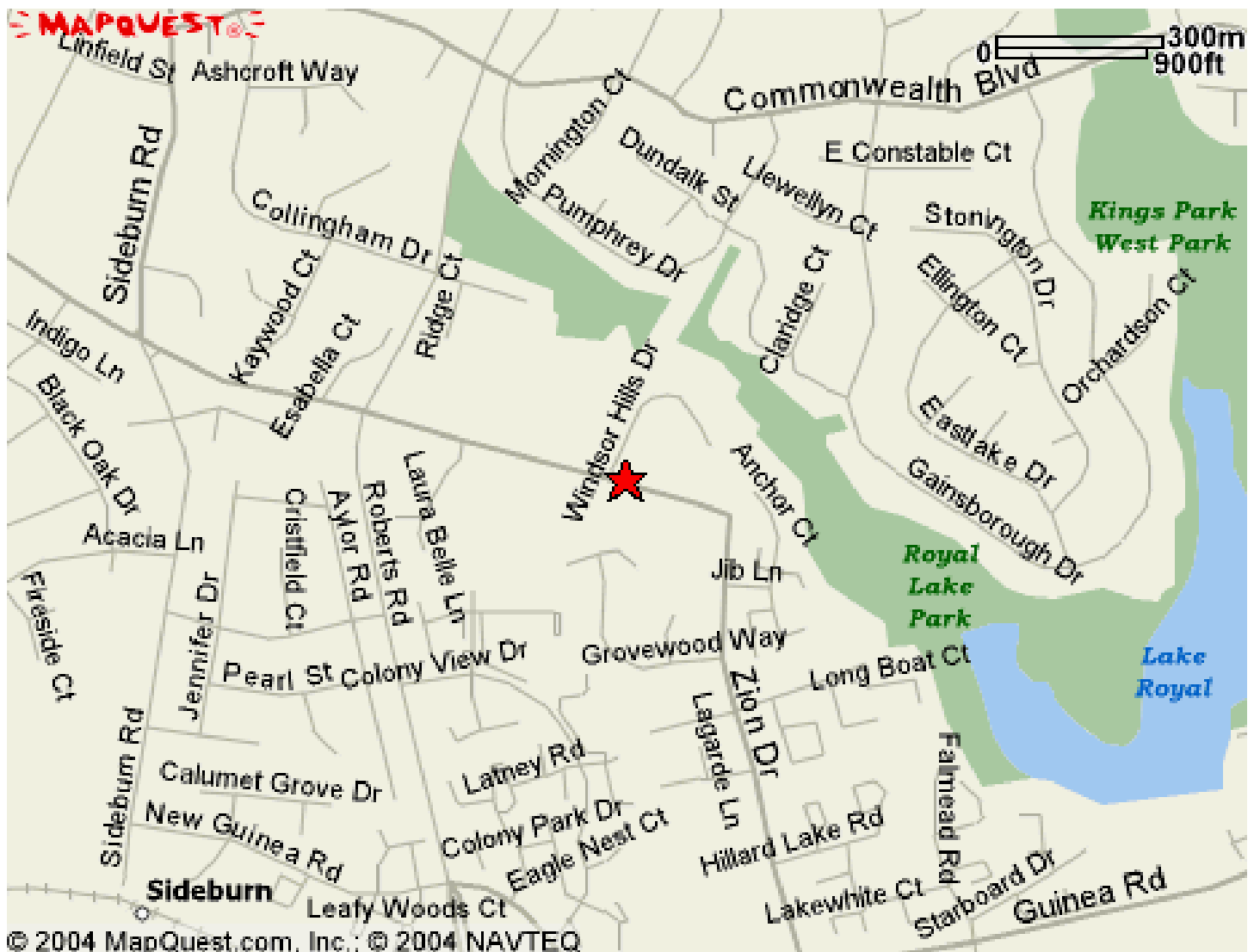
7510 Lisle Avenue  
Falls Church, VA 22043  
703-734-3338

### Sully Sr. Ctr.

5690 Sully Road  
Centreville, VA 20120  
703-322-4475

### Wakefield Sr. Ctr.

8100 Braddock Road  
Annandale, VA 22003  
703-321-3000



## Directions to Pinn Community Center

From 495-take exit 5 West-Braddock Road. Stay on Braddock Road to the intersection of Route 123. At the intersection make a left onto Route 123. Continue on Route 123 and make a left onto Zion Drive. Go past Sideburn Road intersection for a few blocks. The center is on your right.

# PROGRAMS AND SERVICES

## ❖ **Senior Adult Program** *(see enclosed sheet)*

Operating Days & Hours: Monday – Friday 10 a.m. – 2 p.m.  
Participants must be 55 or older

## ❖ **After-School Program** *(see enclosed sheet)*

This after-school program is designed to support SOL objectives, provide homework assistance, and engage students in character building and experiential (hands on) learning opportunities via activities and field trips.

Transportation is provided from Bonnie Brae Elementary to the David R Pinn CC.

Pick-up time for the children is 6 p.m. Eligible students must be students of Bonnie Brae Elementary and in the 3<sup>rd</sup>, 4<sup>th</sup>, & 5<sup>th</sup> grades. The program is free.

*Contact person: Michelle Chapman-Campbell*

## ❖ **Rising Star (Tang Soo Doo) Karate**

Days and time: Monday & Wednesday 6 - 8 p.m.

Cost: monthly fee \$50.00

All ages welcome .....Family discounts available...Experience the benefits of weight loss, muscle tone, endurance, and discipline while learning to defend yourself.

## **Rising Star (Tang Soo Doo) Integrated Yoga For All**

Days and Time: Tuesday & Thursday 6:30 - 8 p.m., Saturday 9 - 10:30 a.m.

Cost: \$40 Administrative Fee (Includes Uniform); \$75 Monthly

Integrated Yoga combines the fundamentals of Indian and Korean yoga practices. It provides relaxation, stress relief, builds core muscles, increases circulation, flexibility & mental focus while promoting weight loss. Your first session is on us. Please wear comfortable workout clothing that allows movement. We look forward to seeing you.

## ❖ **Serve's up – Tennis Courts** (Tennis courts are open 7 days a week for the convenience of the community). If you decide to use the courts, please remember to sign the attendance sheet located just inside the front door of the center.

## ❖ **Greater Little Zion Baptist Church Adult Sunday Schools**

Sunday mornings Time: 10 – 11 a.m.

## ❖ **Senior Adult Program**

Operating Days & Hours: Monday – Friday 10 a.m. - 2 p.m.

Participants must be 55 or older

Lunch is served daily

Monday & Wednesday enjoy Chair Exercise with Judy

Tuesday is Movie Day

Wednesday try your luck at Bingo with Prizes

Thursday (alternating Thursdays) participate in Arts & Crafts, bowling, dances, fieldtrips and much more

Friday enjoy our weekly shopping excursion

Transportation is provided per availability

Contact Person: Zurii Conroy

## **Senior Highlights:**

### **Advisory Council Meeting**

Date: Friday, September 1, 2006<sup>st</sup>

Time: Noon

### **Friday Shopping Trips -**

Time: 10:15 a.m. – 12:15 p.m.

September 1, 2006 – K-Mart @

6364 Springfield Plaza, Springfield, VA

September 8, 2006 – Shopper's @

9622 Main St., Fairfax, VA

September 15, 2006 –Ross @

9652 Main St., Fairfax, VA

September 22, 2006 –Safeway @

1200 West Ox Rd., Fairfax, VA

September 29, 2006 –Dollar Tree @

9543 Main St. Fairfax, VA

### **Monthly Bowling Trip to Bowl America**

5615 Guinea Rd. in Burke

Date: Tuesday, September 12, 2006

Time: 11 a.m. – Noon

### **Monthly Birthday Celebration**

Date: Friday, September 25, 2006

Time: 1 p.m.

### **Blood Pressure Checks**

Dates: September 4, 19, 2006

Time: 1 p.m. and 11 a.m.

### **Maria Adair (Food & Nutrition Services)**

**Topic of Discussion: TBA**

Date: Friday, September 29, 2006

Time: Noon - 1 p.m.

### **Special Event- Senior Beacon Expo & Lunch @ American Cafe**

Date: Thursday, September 7, 2006

Time: 11 a.m. - 1 p.m.

### **Special Event- Wagon Ride Tour of Frying Pan Park**

Date: Monday, September 25, 2006

Time: 11 a.m.-1 p.m.

### **Special Event- Better Haring Center of VA**

Date: Monday, September 18, 2006

Time: 1 p.m.

### **Yoga with Deb**

Dates: September 1, 8, 15, 22, 29, 2006

Time: 1 p.m.

## ❖ **After-School Program**

**Operating Days & Hours: Monday, 1:30 - 6 p.m., Thursday - Friday, 3:30 - 6 p.m.**

Snack is served daily

Reading for 20 minutes daily helps build our language skills

Monday is Field Trip Day

Tuesday & Thursday we join Mott Community Center in the Computer Clubhouse, Arts & Crafts, Physical Activities, and much more

Wednesday (alternating Wednesdays) we participate in Arts & Crafts and Science & Exploration Activities

Friday (alternating Fridays) we engage in Interactive Discovery and Reading/Storytelling

Contact Person: Michelle-Chapman-Campbell

## **September After-School Program Highlights:**

### **Center Closed in Observance of Labor Day**

Date: September 4, 2006

Time: 2:30 - 5:30 p.m.

### **World War II Memorial**

Location: Washington, DC

Date: September 11, 2006

Time: 2:30 - 5:30 p.m.

### **Old Town Scavenger Hunt**

Location: Alexandria, VA

Date: September 18, 2006

Time: 2:30 - 5:30 p.m.

### **Wagon Ride Tour of Frying Pan Park**

Location: Herndon, VA

Date: September 25, 2006

Time: 3 - 5:30 p.m.

# David R. Pinn Senior Center

## September 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday 1
					<b>10 a.m.</b> Welcome <b>10:15 a.m.</b> K-Mart <b>Noon Lunch</b> <b>&amp; Advisory Council</b> <b>1 p.m.</b> Yoga w/ Deb Soon
Sunday 3	Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
	<b>Center Closed in Observance</b> <b>of Labor Day</b>	<b>10 a.m.</b> Welcome <b>11 a.m.</b> “Let’s Get Moving!” <b>noon Lunch &amp; a Movie-</b> <b>En Español</b>	<b>10 a.m.</b> Welcome <b>11 a.m.</b> Chair Exercise w/ Judi <b>Noon Lunch</b> <b>1 p.m.</b> Bingo Medley	<b>10 a.m.</b> Welcome <b>11-1 Senior Beacon Expo &amp;</b> <b>Lunch @ American Cafe</b>	<b>10 a.m.</b> Welcome <b>10:15 a.m.</b> Shopper’s <b>Noon Lunch</b> <b>1 p.m.</b> Yoga w/ Deb Soon
Sunday 10	Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
	<b>10 a.m.</b> Welcome <b>11 a.m.</b> Chair Exercise w/ Judi <b>Noon Lunch</b> <b>1 p.m.</b> BP Checks	<b>10 a.m.</b> Welcome <b>11 a.m.</b> – <b>Noon Bowling @ Bowl</b> <b>America</b> <b>12:30 Lunch &amp; a Movie-</b> <b>En Español</b>	<b>10 a.m.</b> Welcome <b>11 a.m.</b> Chair Exercise w/ Judi <b>Noon Lunch</b> <b>1 p.m.</b> Bingo Medley	<b>10 a.m.</b> Welcome <b>11 a.m.</b> Walking Club <b>Noon Lunch</b> <b>1 p.m.</b> Reading Hour	<b>10 a.m.</b> Welcome <b>10:15 a.m.</b> Ross <b>Noon Lunch</b> <b>1 p.m.</b> Yoga w/ Deb Soon
Sunday 17	Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
	<b>10 a.m.</b> Welcome <b>11 a.m.</b> Chair Exercise w/ Judi <b>Noon Lunch</b> <b>1 p.m.</b> Better Hearing Center	<b>10 a.m.</b> Welcome <b>11 a.m.</b> BP Checks <b>noon Lunch &amp; a Movie-</b> <b>En Español</b>	<b>10 a.m.</b> Welcome <b>11 a.m.</b> Chair Exercise w/ Judi <b>Noon Lunch</b> <b>1 p.m.</b> Bingo Medley	<b>10 a.m.</b> Welcome <b>11 a.m.</b> Walking Club <b>Noon Lunch</b> <b>1 p.m.</b> “Ready, Set, Paint!”	<b>10 a.m.</b> Welcome <b>10:15 a.m.</b> Safeway <b>Noon Lunch</b> <b>1 p.m.</b> Yoga w/ Deb Soon
Sunday 24	Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
	<b>10 a.m.</b> Welcome <b>11 a.m.</b> – <b>1 p.m.</b> Lunch & Tour <b>of Frying Pan Park</b>	<b>10 a.m.</b> Welcome <b>11 a.m.</b> “Let’s Get Moving!” <b>noon Lunch &amp; a Movie-</b> <b>En Español</b>	<b>10 a.m.</b> Welcome <b>11 a.m.</b> Chair Exercise w/ Judi <b>Noon Lunch</b> <b>1 p.m.</b> Bingo Medley	<b>10 a.m.</b> Welcome <b>11 a.m.</b> Walking Club <b>Noon Lunch</b> <b>1 p.m.</b> Reading Hour	<b>10 a.m.</b> Welcome <b>10:15 a.m.</b> Dollar Tree <b>Noon Lunch &amp; Nutrition w. Maria</b> <b>Adair</b> <b>1 p.m.</b> Yoga w/ Deb Soon

# September 2006

**David R. Pinn After-School Program** (Monday, 1:30 – 6 p.m.; Tuesday - Friday, 3:45 – 6 p.m.)

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday 1</b>
				<b>Last Day of Summer Rec Quest!....Back To School!</b>
<b>Monday 4</b>  <b>Center Closed in Observance of Labor Day</b>	<b>Tuesday 5</b> <b>3:45 - 4 p.m.</b> Transporting to Mott <b>4 - 4:45 p.m.</b> HW/Snack <b>4:45 - 5:15 p.m.</b> Computer Clubhouse <b>5:15 - 5:30 p.m.</b> Transporting to Pinn <b>5:30 – 6 p.m.</b> Grab Bag	<b>Wednesday 6</b> <b>3:45 - 4:15 p.m.</b> Snack <b>4:15 - 5 p.m.</b> Homework Help <b>5 - 5:30 p.m.</b> Science & Exploration <b>5:30 – 6 p.m.</b> Grab Bag	<b>Thursday 7</b> <b>3:45 - 4 p.m.</b> Transporting to Mott <b>4 - 4:45 p.m.</b> HW/Snack <b>4:45 - 5:15 p.m.</b> Computer Clubhouse <b>5:15 - 5:30 p.m.</b> Transporting to Pinn <b>5:30 – 6 p.m.</b> Grab Bag	<b>Friday 8</b> <b>3:45 - 4:15 p.m.</b> Snack <b>4:15 - 4:45 p.m.</b> Reading/Storytelling <b>4:45 - 5:30 p.m.</b> Interactive Discovery <b>5:30 – 6 p.m.</b> Grab Bag
<b>Monday 11</b>  <u><b>Field Trip</b></u> <b>1:45 - 5:30 p.m.</b> <b>World War II Memorial Washington, DC</b>	<b>Tuesday 12</b> <b>3:45 - 4 p.m.</b> Transporting to Mott <b>4 - 4:45 p.m.</b> HW/Snack <b>4:45 - 5:15 p.m.</b> Computer Clubhouse <b>5:15 - 5:30 p.m.</b> Transporting to Pinn <b>5:30-6 p.m.</b> Grab Bag	<b>Wednesday 13</b> <b>3:45 - 4:15 p.m.</b> Snack <b>4:15 - 5 p.m.</b> Homework Help <b>5 - 5:30 p.m.</b> Science & Exploration <b>5:30 - 6 p.m.</b> Grab Bag	<b>Thursday 14</b> <b>3:45 - 4 p.m.</b> Transporting to Mott <b>4 - 4:45 p.m.</b> HW/Snack <b>4:45 - 5:15 p.m.</b> Computer Clubhouse <b>5:15 - 5:30 p.m.</b> Transporting to Pinn <b>5:30 – 6 p.m.</b> Grab Bag	<b>Friday 15</b> <b>3:45 - 4:15 p.m.</b> Snack <b>4:15 - 4:45 p.m.</b> Reading/Storytelling <b>4:45 - 5:30 p.m.</b> Interactive Discovery <b>5:30 - 6 p.m.</b> Grab Bag
<b>Monday 18</b>  <u><b>Field Trip</b></u> <b>1:45 - 5:30 p.m.</b> <b>Old Town Scavenger Hunt</b>	<b>Tuesday 19</b> <b>3:45 – 4 p.m.</b> Transporting to Mott <b>4 - 4:45 p.m.</b> HW/Snack <b>4:45 - 5:15 p.m.</b> Computer Clubhouse <b>5:15 - 5:30 p.m.</b> Transporting to Pinn <b>5:30 – 6 p.m.</b> Grab Bag	<b>Wednesday 20</b> <b>3:45 - 4:15 p.m.</b> Snack <b>4:15 - 5 p.m.</b> Homework Help <b>5 - 5:30 p.m.</b> Science & Exploration <b>5:30 – 6 p.m.</b> Grab Bag	<b>Thursday 21</b> <b>3:45 - 4 p.m.</b> Transporting to Mott <b>4 - 4:45 p.m.</b> HW/Snack <b>4:45 - 5:15 p.m.</b> Computer Clubhouse <b>5:15 - 5:30 p.m.</b> Transporting to Pinn <b>5:30 – 6 p.m.</b> Grab Bag	<b>Friday 22</b> <b>3:45 - 4:15 p.m.</b> Snack <b>4:15 - 4:45 p.m.</b> Reading/Storytelling <b>4:45 - 5:30 p.m.</b> Interactive Discovery <b>5:30 - 6 p.m.</b> Grab Bag
<b>Monday 25</b> <u><b>Field Trip</b></u> <b>1:45 - 5:30 p.m.</b> <b>Frying Pan Park Herndon, VA</b>	<b>Tuesday 26</b> <b>3:45 - 4 p.m.</b> Transporting to Mott <b>4 - 4:45 p.m.</b> HW/Snack <b>4:45 - 5:15 p.m.</b> Computer Clubhouse <b>5:15 - 5:30 p.m.</b> Transporting to Pinn <b>5:30 - 6 p.m.</b> Grab Bag	<b>Wednesday 27</b> <b>3:45 - 4:15 p.m.</b> Snack <b>4:15 - 5 p.m.</b> Homework Help <b>5 - 5:30 p.m.</b> Science & Exploration <b>5:30 - 6 p.m.</b> Grab Bag	<b>Thursday 28</b> <b>3:45 – 4 p.m.</b> Transporting to Mott <b>4 - 4:45 p.m.</b> HW/Snack <b>4:45 - 5:15 p.m.</b> Computer Clubhouse <b>5:15 - 5:30 p.m.</b> Transporting to Pinn <b>5:30 – 6 p.m.</b> Grab Bag	<b>Friday 29</b> <b>3:45 - 4:15 p.m.</b> Snack <b>4:15 - 4:45 p.m.</b> Reading/Storytelling <b>4:45 - 5:30 p.m.</b> Interactive Discovery <b>5:30 - 6 p.m.</b> Grab Bag